

21 ways you can keep up with languages with little effort



- Log into Duolingo / Memrise / Quizlet app
- Spend 5 min on Clozemaster
- Play a quick game of QuickDraw
- Learn and revise vocabulary on Freerice
- Follow language accounts on Instagram/Tiktok
- Learn one word or phrase a day
- Conjugate one verb
- Label one item at home or write a word you learnt on a sticky note
- Draw or doodle one item a day and label it
- Teach a family member one word a day
- Listen to a song in your target language - sing along!
- Watch a video in your target language
- Write one sentence to sum up your day in your target language
- Send a message to a friend in your target language
- Read or listen to news for 5 min on your daily commute
- Pick a random page of your notebook, read your notes out loud after your homework
- Read one tongue twister out loud a day
- Name a food item before you tuck into your meal
- Send a voice note to a friend in your target language
- Say something in front of the mirror before or after brushing your teeth
- Say a sentence or two and record yourself using Talkie!

- Great for vocabulary
- Reading skills
- Speaking skills
- Listening skills
- Writing skills

**We are what we repeatedly do.
Excellence then is not an act but a habit.
- Aristotle**

Name:

Habit to track:

**We are what we repeatedly do.
Excellence then is not an act but a habit.
- Aristotle**

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Week 1 notes:

Week 2 notes:

Week 3 notes:

Week 4 notes:

Week 5 notes:

What I enjoyed:

What I didn't enjoy:

What got in the way of my habit:

What I'll try going forward:

Useful links

● Follow language accounts on Instagram/Tiktok



[@frenchwords](#)

[@french_words_and_pics](#)

[@french.toons](#)

[@ajplusfrançais](#)



[@howtospanish](#)

[@spanish.toons](#)

[@ajplusespanol](#)



[@german.toons](#)

[@german.words](#)



[@italianwords](#)

[@italian.toons](#)

● Websites to revise vocabulary

[Clozemaster](#)

[QuickDraw with Google](#)

[FreeRice](#)

● Read or listen to news for 5 min on your daily commute



[Euronews](#)

[News in Slow](#)



[1jour1actu](#)

[Give Me Five by Phosphore](#)



[Pictoline](#)

[Noticias - BBC News Mundo](#)

[Buzzfeed - Mexico](#)



[Logo! Die Kindernachrichten des ZDF](#)

[Buzzfeed - Germany](#)

[Deutsch Lernen](#)

[Nachrichtenleicht](#)

● Watch a video in your target language

The internet is your oyster here. Start off with searching for videos of your interest in your target language. If you're stuck, check out these Youtube channels to get you started.



[Youtube: Vraimenttop](#)

[Youtube: EasyFrench](#)



[Youtube: Tio Spanish](#)

[Youtube: EasySpanish](#)



[Youtube: EasyGerman](#)



[Youtube: EasyItalian](#)

● Listen to a song in your target language - sing along!

[Lyrics Translate](#)

[Lyrics Training](#)